

CORNERSTONE

March, 2014

20 Young Road
Kanata, Ontario
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613-836-1001
www.stpaulshk.org

St Paul's
ANGLICAN CHURCH



“A growing community called to know Jesus Christ and make him known in the world by our presence.”

Sunday Services

8:00 a.m. – Holy Communion Said service

9:15 a.m. – Traditional/Choral Holy Communion. Youth Group for tweens and teens. Kids are invited to join the God Squad for children’s worship, crafts and games. Nursery care also available.

11:00 a.m. – Praise Music Holy Communion. Kids are invited to join the God Squad for children’s worship, crafts and games. Nursery care also available.

Other Services

9:45 a.m Wednesday – Eucharist and Bible Study

2:00 p.m. Thursday – “Seniors’ Afternoon Out” Service and Social

Inside this issue:

- Messages from Father John and Father Craig
 - Lenten Study and Holy Week schedules
 - Town Hall meeting
 - Cornerstone Welcome Bag project
 - Waupoos Farm news
- ...and more!

April edition deadline:
Tuesday, April 1, 2014

Please send submissions to:
cornerstone@stpaulshk.org



A message from Father John

Called to be holy

Here we grow again! Our chance to grow in faith and understanding has come around once more.

Lent is also a time to take on new disciplines that are intended to help us grow spiritually during this period of time. The exhortation found in the Ash Wednesday service (BASp.282) suggests we “observe a holy Lent, by self-examination, penitence, prayer, fasting, and almsgiving and by reading and meditating on the Word of God.”

What we are really talking about are spiritual disciplines. The purpose of these practices is to try and focus our attention on discovering new and profound understandings of God. In addition, we are attempting to look at those areas of our life that we need to change and redeem.

Lent gives way to the yearly celebration of Easter. Spiritual Disciplines give way to a change in us. The

purpose of each is to prepare and make ready our hearts to celebrate and embrace the Pascal Mystery.



From the desk of Father Craig

Seeing the world anew

And so we come to the beginning of Lent. As I write this my feet are cold – winter is still upon us. Maybe a cause to huddle together in the wilderness with our Lord, gather with the disciples in the upper room, stand near the fire with St. Peter, and then prepare to look upon and then through the cross on Good Friday...

Lent is a journey that we are to make. Maybe my feet won't be so cold if I begin the 40 day trek.

We started the trip a bit early this year. We began our Lenten education with the Archbishop of Canterbury's 2014 Lent Book, *Looking through the Cross* last Tuesday night. We can think of many images as we journey

They are an opportunity to find Holiness in our lives.

If you are unsure of where to begin this Lenten journey, I commend the ancient practices of

- Prayer
- Fasting
- Service
- Almsgiving
- Self denial
- Reading scripture
- Study

All of these will encourage a change within us. God loves us where we are and loves us enough to journey with us on the road to holiness. We are called not only to believe in Jesus Christ, we are called to follow Him. We are called to serve and witness to the Way of the Cross as Life-giving. The basic premise of the Christian journey is to be open to change. With the grace and power of the Holy Spirit, our life can begin to reflect the Kingdom of God. I pray that you will observe a Holy and Life-Changing Lent.

in and through Lent. I have already mentioned a few above. But as our Lenten author, Graham Tomlin, says, our hope as Christians is to go beyond looking at the articles of our faith to having them be the lenses through which we see the world anew.

I invite you therefore, in the name of the Lord, to observe a holy Lent by self-examination, penitence, prayer, fasting, and almsgiving, and by reading and meditating on the word of God.

Let us kneel before our Creator and Redeemer,

Fr. Craig+

Lenten Study

Looking Through the Cross, by Graham Tomlin

Contact the office if you wish to sign up for the Tuesday evening program, and have not already done so. This will ensure all attendees have their own copy of the chapter being discussed.

The Wednesday sessions follow the 10am Bible Study and Eucharist.

Tuesday Night 7:30 pm		Wednesday Noon (Lenten Lunch)	
February 25 th	The Cross and Wisdom	March 12 th	Rev. Bob Davies KBC
March 11 th	The Cross and Evil	March 19 th	Mark Stalter
March 25 th	The Cross and Power	March 26 th	Rev. Dr. Scott Kindred-Barnes
April 1 st	The Cross and Identity	April 2 nd	Alison Stortz
April 8 th	The Cross and Suffering	April 9 th	tbc



Holy Week Schedule

HOLY WEEK April 14 - April 18	
Morning Prayer	Mon, Tues, Wed, Thurs 9:00 a.m.
Communion	Mon, Tues 10:00 a.m.
Wed. AM Bible Study	Wed 10:00 a.m.
Communion	Wed 11:00 a.m.
Communion with Seniors Afternoon Out Program - All Welcome	Thursday 2:00 p.m.
Maundy Thursday Service & Stripping of the Altar	Thursday 7:30 p.m.
Holy Week Prayer Vigil	9:00 p.m. Maundy Thursday to 9:00 a.m. Good Friday. A sign-up sheet will be available in April.
GOOD FRIDAY Service	Friday 10:00 a.m.
Kanata Walk of the Cross	Begins at 12:00 noon

Ottawa Area Christian Meditation Community
presents

A DISTRACTED AGE

HOW A NEW UNDERSTANDING OF PRAYER CAN SAVE OUR WORLD

WITH

DOM LAURENCE FREEMAN, OSB

DIRECTOR OF THE WORLD COMMUNITY FOR CHRISTIAN MEDITATION



The Christian today is like anyone today
in facing this crucial decision concerning their lifestyle and their style of mind.
But in our contemplative tradition we have a treasure
that can transform this choice for ourselves and for the world.

Hosted by Saint Paul University Anglican Studies Program
Saint Paul University, 223 Main Street, Ottawa, Ontario

Guigues Hall Auditorium (2nd Floor)

Friday May 30 2014 from 7:00pm to 9:00pm

– All are welcome –

\$25 per person payable at the door.
No advance registration required.

For information, email
silentretreat2014@bell.net

Selection of Christian Meditation
books and tapes will be available for sale from
3:00pm to 6:45pm.

Paid parking in lot on Hazel Street east of Main
or on nearby streets.

7:00pm VIDEO
Pilgrimage – The way of Meditation

7:30pm *Welcome / Presentation*

8:30pm *Meditation*

9:00pm *Depart in silence*



Laurence Freeman, OSB, is spiritual successor of John Main and director of the World Community for Christian Meditation (WCCM). Father Laurence is a Benedictine monk, international speaker, retreat leader, and writer active in inter-religious dialogue and peace initiatives as well as encouraging the teaching of Christian Meditation to children and students. He is dedicated to working for the recovery of the contemplative wisdom tradition in the Church and society at large. In 2009, Father Laurence was appointed Officer of the Order of Canada "for his contributions as spiritual leader and director of the World Community for Christian Meditation and as a proponent of peace and inter-religious dialogue and understanding."

Cornerstone “Welcome Bag” project update

The Cornerstone Welcome Bag Project provides essential items to women in need at Cornerstone.

When a woman presents at Cornerstone, she has only the clothes she is wearing. A bag of personal items is given to her when she is welcomed into the shelter. In April, you will have an opportunity to fill a bag with much needed items.

For those who would like to start collecting now, here is a list of Welcome Bag items:

Soap, washcloth/puff, and towel,
Toothbrush and toothpaste,
Shampoo and conditioner,
Comb and hairbrush,
Socks and underwear, slippers,
Feminine hygiene items

Other optional items include:

Bus tickets,
Nail file or emery board and nail polish,
Makeup,
Tim Horton’s card

If you have bags to sew, please remember to return them to the church by March 16.

Thank you for your help with this project!

Joyce Prentice, Sheila Evans and Philippa Wilson



Town Hall meeting

March 18, 7:30 p.m.

Everyone is invited to attend our next St. Paul’s Town Hall meeting, where we enjoy fellowship and discuss issues of importance to our congregation, our community, our country, and our world. This month, the topics of conversation will be:

1. How should we be making choices and decisions at St. Paul’s? What will church governance look like in the future?
2. What does the worship experience look like in the future? How can we prepare for some of these changes?

Your input is important! We look forward to seeing you on Tuesday, March 18!

St. Paul’s Parish Council

Did you know?

Did you know that Alan Fowler is the Chair of the Committee that is planning the 10th Anniversary celebration on September 21? Did you know that Steven Shames and Bill Colls will produce will the videos that will highlight the activities of our first ten years in St. Paul’s expanded facilities? Did you know that photos which are loaned for display will be in the safe hands of Sandra Cooper and Linda Keech? Did you know that Julie Landgraff has the task of publicity for this event? Do you know if your name will be on one of the special lists that Lorna Brule will prepare? Finally, did you know that the celebration on Sept. 21 is a warm-up for the “*Century and a Half*” celebration that will happen in 2024?



Where will you
be on Sunday,
September 21,
2014?

Metabolic Syndrome?

Donating blood may help

by David Gilbert

Metabolic Syndrome has become a huge problem in America and is the first step on the road to diabetes. According to the 2003-2006 National Health and Nutrition Examination Survey, about one third of Americans (34%) suffering at that time from this condition, with its serious impacts on heart and other diseases. The incidence is rising rapidly along with the epidemic of obesity. In 2002, the NIH estimate of prevalence was only 24%. The costs in terms of human quality of life, and increased healthcare demands are staggering and the rate of incidence keeps climbing.

Metabolic Syndrome shows a constellation of serious cardio vascular risk factors triggered by insulin resistance. It may include; high waist circumference, hypertension or prehypertension, high triglycerides, high blood glucose, abdominal fat buildup and low levels of the cardioprotective high density cholesterol. Not only



does this set of factors greatly increase cardiovascular disease risk and diabetes, it also significantly raises cancer risks.

Blood donation may help.

In a small study published in the *BMJ* (May 30 2012), 33 obese participants had 300ml or about two fifths of a pint of blood drawn at start and again after four weeks. Six weeks after the second blood draw, when

(Continued on page 7)

Christian Meditation: The Monastic Tradition

A day-long retreat, March 29, 2014

The Ottawa Area Christian Meditation Coordinating Committee invites you to a day-long retreat

Christian Meditation: The Monastic Tradition

Speaker: Don Myrick

Date: Saturday, March 29, 2014

Time: 9:45 a.m. to 2:30 p.m.

Place: First United Church, 347 Richmond Road, just west of Churchill Avenue in Westboro

The event will focus on the place of the meditation community within the greater framework of Christian monasticism, the monastic dimension in the life of the mediator, and the place of the Benedictine Oblates within the world community.



Don Myrick is a long time member of the Christian Meditation Community. He knew John Main and was a group leader of one of the longest running meditation groups in Ottawa. He has spoken about Christian Meditation in workshops and seminars.

Coffee and muffins available in the morning. Please bring a lunch of finger foods that can be shared with others.

For more information, please contact Elizabeth Tyrwhitt, 613-725-1328, or Liz.Tyrwhitt@sympatico.ca

Waupoos seeking a new resident family

Come pray, work, and play with us at the farm

The Waupoos Foundation is a Christ-centered community integrating *pray*, *work*, and *play* in their activities while providing vacations and the experience of community to families in need.

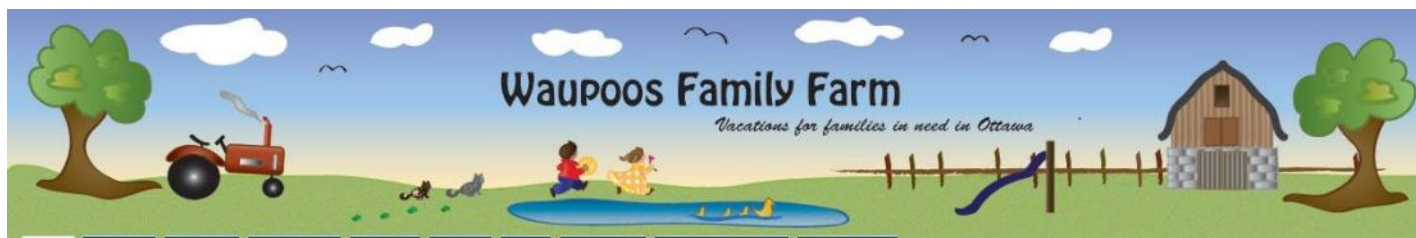
Waupoos Family Farm is currently **actively seeking a new Farm Resident Family** to live and work as part of the Farm Management Team. This team of 3 families makes a 2 - 3 year commitment to live on the farm and maintain the grounds and facilities while working closely with the volunteer Board of Directors. The work is demanding but incredibly rewarding and living costs are subsidized. This team is a vital part of our organization as they are often the “face” of Waupoos through their consistent presence onsite during cottager weeks and weekends and outreach to local community groups to share the news of Waupoos. They offer varied levels of assistance and guidance to the Host Family, if necessary, and families who are vacationing. If you and your spouse/family would be

interested in becoming a part of this Christian Community in Action, give us a call at the Farm - 613-822-2189.

If you are interested in learning more about Waupoos, please visit our website at www.waupoos.com. Additional information on the following topics can be seen on our website:

- Becoming a Resident Farm Family
- Enjoying a Vacation
- Volunteering at the Farm
- Summer employment
- Becoming a Host Family
- Donating Funds/Sponsoring a Family
- Partaking of “Open House Saturdays” during the Summer and Special Weekend Events

We would love for you to *Pray*, *Work*, and *Play* with us at the farm!



(Continued from page 6)

blood volume had returned to normal, the average systolic blood pressure (the high number) had dropped from 148 to 130 and they also showed improvements in cholesterol levels, blood sugar levels and heart rate. The theory is that the reduction of excess iron was the causative factor in these improvements.

What can I do?

Donating blood is simple and safe and it's the right thing to do. It may save not just another's life, but possibly your own. In addition, resistance training such as weights, bands, machines and open chain exercises such as full or partial squats, pushups etc have been shown to be the number one best medical practice for type two diabetes.

In my opinion, everyone, whether obese or not, should have their serum ferreting levels checked and if high, be checked for hemochromatosis; a common genetic disorder where the body stores too much iron with devastating long term effects.

Take care of your heart so it can take care of you.

David Gilbert

EcoSys Holistic Wellness Center
2338 Riley Ave
Ottawa ON. K2C1J9
613-747-5458, 800-361-1370

TEMBO means hope

by Melissa Clark



Actually, *tembo* means elephant in Swahili. TEMBO also stands for Tanzanian Education and Micro-Business Opportunities. It is with this NGO that I recently travelled to Tanzania to get a first-hand perspective on the work they are doing in Longido, Tanzania and surrounding areas.

TEMBO was started about 10 years ago by two women from Ottawa. Since then the organization has grown to support many girls to go to secondary school, established a library in Longido, as well as supporting teachers to visit rural schools and informal education programs.

Life in Longido is difficult. When we visited the Longido Secondary School to meet some of the sponsored girls, we were unable to spend much time speaking with the girls. There had not been any rain for some time and all of the 400 students had to walk two kilometers with buckets to get their own water. When we visited a nursery school in the bush, the children were covered with flies and were lucky if they received one meal a day.

TEMBO is working through local staff to encourage families to understand the value of education. Many of the girls are from the Maasai tribe in which girls are most often married by their father at the age of 13 to a much older man. The father receives cattle in exchange for his daughter which improves his status in the community and his wealth as a cattle owner. Gradually, the community is beginning to understand the value educating both the boys and the girls in the families.

TEMBO has no paid staff in Canada and as such every dollar donated to this grassroots organization makes a difference in the lives of children in Longido, Tanzania. The organization built a “guesthouse” in

Longido five years ago which helps to make the organization self-funding while also employing local staff.

When we were visiting, TEMBO board members signed a memorandum of understanding with the Longido District officials to build the Longido Learning Centre. The District donated the land and will provide some staff support. TEMBO will provide all of the resources to build the learning centre as well as local professional staff over the next four years.

Gradually, the community will become fully responsible for this exciting centre which will foster both formal and informal education of all kinds. It was exciting to be at the official signing ceremony and know that our donations were about to make a further difference in this community.

TEMBO is now fundraising for the furniture etc. for the learning centre. Any donation would be greatly appreciated.

For more information, see www.projecttembo.org or send me an email.

Melissa Clark

melissamclark59@yahoo.ca, 613-720-9966



Four girls sponsored by TEMBO to attend Longido Secondary School. The TEMBO Program Coordinator is pictured at far left.

Just for fun



Cartoons by Cuyler Black

Lasting Palm Sunday Impressions

My wife planned an activity for our two and one-half year old daughter during the week following Palm Sunday. After having her cut and paste brightly colored construction paper coats and palm branches on a picture of Jesus riding into Jerusalem, she spread coats in our hallway, and the three of us walked over them, shouting, "Hosanna! Blessed is he who comes in the name of the Lord!" A couple of days later, we reminded Jamie that the following Sunday was Easter. "Do you know what that means?" her mother asked. "Yes!" Jamie chirped enthusiastically. "We're going to church, and Jesus is going to come and walk on our coats!"

<http://javacasa.com/humor/seasonal.htm>

St. Paul's Agora

Do you have something you would like to sell, trade, or give away?

There may be someone in our parish looking for that very thing!

Simply send your ad to: cornerstone@stpaulshk.org

FOR SALE

Pedal-assist unisex Raleigh E-bike. 1 year old, never used. Uses 110 volt battery charger. 30 mph. Charge lasts 24 hrs of use. \$900. Cash only. Will consider reasonable offers. Call Steve or Jean 613-831-8044.



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